



END-TO-END PLAYER PATHWAY

DEVELOPMENT FRAMEWORK

NOVEMBER 2022

BACKGROUND

An End-to-End Player Pathway has been put together to assist squash players from the beginning of a career playing the sport with a map and process of how to achieve goals and reach the potential peak of being a top squash player.

The End-to-End Pathway is refining the way of the broader high-performance structure is defined. It enables SNZ to identify, track and support athletes as they transition from District programs to a world-class professional squash player.

There are five stages in the pathway which are not determined by age or event, but instead defined by fundamental squash skills, pillars, support system, progression through rankings systems and maturity to train at the level required at each stage.

The Development stage of the pathway sits between the District Talent and Emerging Pro stages of the pathway.

The Development Framework central focus is to provide a structure for players to enable progression to the Emerging Pro stage and beyond.

PROPOSED DEVELOPMENT FRAMEWORK

The Development stage will be governed by:

- Four key underlying principles
- Interlinking programmes in clubs/districts and national
- Identification of players
- Management of delivery



FOUR KEY UNDERLYING PRINCIPLES ARE:

1. Daily Athlete Training Environment (DTE) is the fundamental training unit of performance. The programme is important to ensure that players access high quality training environments domestically. DTE needs environment of light pressure, and the key elements of a daily training environment are:

- Aligned to the athlete IPP
- Quality
- Volume
- Structure
- Training Bases
- Performance Support

2. Coaching is critical to individual athlete success and provides the players with foundational techniques, tactics, a positive squash environment, and a love for the game. For development players, coaching is critical to developing the fundamental skills of squash identified in the End-to-End Pathway and finer details of an athlete's game, including understanding opponents' weaknesses, game strategy, and overall program design.

3. Individual Performance Planning Athletes develop a clear system where they liaise with their coach and governing body to plan goals and targets over different periods of time. The quality of discussion is important, and athlete needs to be engaged every step of the way. Key points in the Individual Planning process are:

- Athlete/Coach discussion
- Goals – SMART
- Annual Plan – Strategy
- Periodised plan – training blocks
- Competition

4. Competitions are important for Development players to stay motivated towards their goals and continue to improve and track through coaching, training, and support mechanisms. Competition planning is important to make sure athletes are playing the right events for their level and maturity to progress. International and Domestic Competition support is essential to track training progress, understand different styles of play, and earn ranking points to go on to bigger events.



THE DEVELOPMENT PROGRAM WILL BE UNDERPINNED BY THREE PROGRAMMES ALIGNED TO PLAYERS DAILY TRAINING ENVIRONMENT:

- **Club** - Majority of players training and support personnel are at their local clubs.
- **District** – Exposure to a variety of training partners and coaches.
- **National** - Increased national squad in Auckland and hubs around NZ. This increased high-performance activity will enhance the overall Daily Training Environment of both Development and Emerging players.

IDENTIFICATION AND TRADEMARKS

- Players in the development framework will be identified by SNZ and districts.
- The athletes will demonstrate promising ability and courage and be receptive to good behavioural traits.
- The four underlying principles are present in players plans.
- Progress will not be limited to grading points and results alone, but the overall potential and coach recommendation will also be a key indicator for selection.
- Squash is their main sport.

MANAGEMENT OF DELIVERY OF FRAMEWORK

- The Development stage will be managed by SNZ with support from districts and local clubs.
- Identified coaches will co-design individual and squad programs.
- Programme benchmarks and protocols will be aligned with the national program, and athlete performance services will be provided by SNZ.

